



WHI Baseline Dataset

Form 34 - Personal Habits

Data File: f34_ct_pub **File Date:** 06/08/2007 **Structure:** One row per participant **Population:** CT participants

Participant ID

Variable # 1

Sas Name: ID

Sas Label: Participant ID

Type: Continuous

Usage Notes: none

Categories: Study: Administration

F34 Days since randomization/enrollment

Variable # 2

Sas Name: F34DAYS

Sas Label: F34 Days since randomization/enrollment

Type: Continuous

Usage Notes: none

Categories: Study: Administration

F34 Smoked 100 cigarettes

During your entire life, have you smoked at least 100 cigarettes?

Variable # 3

Sas Name: SMOKEVR

Sas Label: Smoked at least 100 cigarettes ever

Type: Categorical

Usage Notes: none

Categories: Lifestyle: Smoking

Values	
0	No
1	Yes

F34 Age started smoking

How old were you when you first started smoking cigarettes regularly? (Give your best guess.)

Variable # 4

Sas Name: SMOKAGE

Sas Label: Age started smoking cigarettes regularly

Type: Categorical

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Categories: Lifestyle: Smoking

Values	
1	Less than 15
2	15-19
3	20-24
4	25-29
5	30-34
6	35-39
7	40-44
8	45-49
9	50 or older



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F34 Smoke now

Do you smoke cigarettes now?

Variable # 5
Sas Name: SMOKNOW
Sas Label: Smoke cigarettes now
Type: Categorical

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".
Categories: Lifestyle: Smoking

Values

0	No
1	Yes

F34 Age quit smoking

How old were you when you quit smoking regularly?

Variable # 6
Sas Name: QSMOKAGE
Sas Label: Age quit smoking regularly
Type: Categorical

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".
Sub-question of F34 V2 Q1.2 "Smoke now".
Categories: Lifestyle: Smoking

Values

1	Less than 15
2	15-19
3	20-24
4	25-29
5	30-34
6	35-39
7	40-44
8	45-49
9	50-54
10	55-59
11	60 or older

F34 Quit smoking because of health

Did you quit smoking because you had a health problem that was caused by or made worse by smoking?

Variable # 7
Sas Name: QSMOKHP
Sas Label: Quit smoking because of health problems
Type: Categorical

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".
Sub-question of F34 V2 Q1.2 "Smoke now".
Categories: Lifestyle: Smoking

Values

0	No
1	Yes



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F34 Cigarettes per day

On the average, how many cigarettes do you (did you) usually smoke each day?

Variable # 8
Sas Name: CIGSDAY
Sas Label: Smoke or smoked, cigarettes/day
Type: Categorical

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".
Categories: Lifestyle: Smoking

Values

1	Less than 1
2	1-4
3	5-14
4	15-24
5	25-34
6	35-44
7	45 or more

F34 Years regular smoker

How many years have you been (were you) a regular smoker? Do not count the time you stayed off cigarettes.

Variable # 9
Sas Name: SMOKYRS
Sas Label: Years a regular smoker
Type: Categorical

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".
Categories: Lifestyle: Smoking

Values

1	Less than 5 years
2	5-9 years
3	10-19 years
4	20-29 years
5	30-39 years
6	40-49 years
7	50 or more years

F34 Smoked to lose weight

Have you ever smoked to keep from gaining weight or to lose weight?

Variable # 10
Sas Name: SMOKWGT
Sas Label: Smoked to lose weight
Type: Categorical

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".
Categories: Lifestyle: Smoking

Values

0	No
1	Yes



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F34 Usually drink coffee

Do you usually drink coffee each day?

Variable #	11	Usage Notes:	none
Sas Name:	COFFEE	Categories:	Diet: Coffee/Tea Lifestyle: Coffee/Tea
Sas Label:	Drink coffee each day		
Type:	Categorical		
Values			
0	No		
1	Yes		

F34 How many cups coffee per day

How many cups of regular coffee (not decaf) do you usually drink each day? (If none, mark "None.")

Variable #	12	Usage Notes:	Sub-question of F34 V2 Q2 "Usually drink coffee".
Sas Name:	CUPREG	Categories:	Diet: Coffee/Tea Lifestyle: Coffee/Tea
Sas Label:	Number of regular cups of coffee, day		
Type:	Categorical		
Values			
0	None		
1	1		
2	2		
3	3		
4	4		
5	5		
6	6 or more		

F34 12 alcoholic drinks ever

During your entire life, have you had at least 12 drinks of any kind of alcoholic beverage?

Variable #	13	Usage Notes:	none
Sas Name:	ALC12DR	Categories:	Diet: Alcohol Lifestyle: Alcohol
Sas Label:	Drank 12 alcoholic beverages ever		
Type:	Categorical		
Values			
0	No		
1	Yes		

F34 Drink alcohol

Do you still drink alcohol?

Variable #	14	Usage Notes:	Sub-question of F34 V2 Q3 "12 alcoholic drinks ever" (skip pattern rule not applied).
Sas Name:	ALCNOW	Categories:	Diet: Alcohol Lifestyle: Alcohol
Sas Label:	Still drink alcohol		
Type:	Categorical		
Values			
0	No		
1	Yes		



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F34 Why did you quit drinking

Why did you stop or quit drinking alcohol?

Variable # 15
Sas Name: ALCQUIT
Sas Label: Reasons quit drinking alcohol
Type: Categorical

Usage Notes: Sub-question of F34 V2 Q3 "12 alcoholic drinks ever" (skip pattern rule not applied).
Sub-question of F34 V2 Q3.1 "Drink alcohol".
Not collected on all versions of Form 34.
Categories: Diet: Alcohol
Lifestyle: Alcohol

Values

1	Health problems
2	My drinking caused non-health problems
8	Other

F34 Weight changes in adult life

Women's weights change during their adult lives. Mark the one answer that best describes you during your adult life. Please don't include times when you were pregnant or sick. (Mark only one.)

Variable # 16
Sas Name: WGTADULT
Sas Label: Weight during adult life, lbs
Type: Categorical

Usage Notes: none
Categories: Medical History: Height/Weight History
Physical Measurements: Height/Weight History

Values

1	Weight has stayed about the same
2	Steady gain in weight
3	Lost weight as an adult and kept it off
4	Weight has gone up and down

F34 Times weight changed 10 pounds

About how many times did your weight go up and down again by more than 10 pounds? Please don't include times when you were pregnant or sick.

Variable # 17
Sas Name: YOYO10LB
Sas Label: Number times weight went up/down >10 lbs
Type: Categorical

Usage Notes: Sub-question of F34 V2 Q4 "Weight changes in adult life" (skip pattern rule not applied).
Categories: Medical History: Height/Weight History
Physical Measurements: Height/Weight History

Values

1	1-3 times
2	4-6 times
3	7-10 times
4	11-15 times
5	More than 15 times



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F34 Low calorie diet

Are you now on any of the following special diets? A low calorie diet?

Variable # 18 **Usage Notes:** none
Sas Name: LCALDIET
Sas Label: Low calorie diet **Categories:** Diet
Type: Categorical

Values

0	No
1	Yes

F34 Low fat or cholesterol diet

Are you now on any of the following special diets? A low-fat or low cholesterol diet?

Variable # 19 **Usage Notes:** none
Sas Name: LFATDIET
Sas Label: Low-fat or low cholesterol diet **Categories:** Diet
Type: Categorical

Values

0	No
1	Yes

F34 Low sodium diet

Are you now on any of the following special diets? A low salt (low sodium) diet?

Variable # 20 **Usage Notes:** none
Sas Name: LSLTDIET
Sas Label: Low salt (low sodium) diet **Categories:** Diet
Type: Categorical

Values

0	No
1	Yes

F34 High fiber diet

Are you now on any of the following special diets? A high-fiber diet?

Variable # 21 **Usage Notes:** none
Sas Name: FBDIET34
Sas Label: High-fiber diet **Categories:** Diet
Type: Categorical

Values

0	No
1	Yes



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F34 Diabetic or ADA diet

Are you now on any of the following special diets? A diabetic or ADA diet?

Variable #	22	Usage Notes:	none
Sas Name:	DBDIET34		
Sas Label:	Diabetic or ADA diet	Categories:	Diet Medical History: Diabetes
Type:	Categorical		
Values			
0	No		
1	Yes		

F34 Lactose-free diet

Are you now on any of the following special diets? A lactose-free (no milk or dairy foods) diet?

Variable #	23	Usage Notes:	none
Sas Name:	LACTDIET		
Sas Label:	Lactose-free (no milk/dairy foods) diet	Categories:	Diet
Type:	Categorical		
Values			
0	No		
1	Yes		

F34 Any other diet

Are you now on any of the following special diets? Any other diet?

Variable #	24	Usage Notes:	none
Sas Name:	OTHDIET		
Sas Label:	Other than listed special diet	Categories:	Diet
Type:	Categorical		
Values			
0	No		
1	Yes		

F34 How often walked outside

Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one.)

Variable #	25	Usage Notes:	none
Sas Name:	WALK		
Sas Label:	Times walk for > 10 min	Categories:	Physical Activity
Type:	Categorical		
Values			
0	Rarely or never		
1	1-3 times each month		
2	1 time each week		
3	2-3 times each week		
4	4-6 times each week		
5	7 or more times each week		



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F34 How many minutes walked

When you walk outside the home for more than 10 minutes without stopping, for how many minutes do you usually walk?

Variable # 26

Sas Name: WALKMIN

Sas Label: Duration of walks when >10 min

Type: Categorical

Usage Notes: Sub-question of F34 V2 Q6 "How often walked outside" (skip pattern rule not applied).
Not collected on all versions of Form 34.

Categories: Physical Activity

Values

1	Less than 20 minutes
2	20-39 minutes
3	40-59 minutes
4	1 hour or more

F34 What is usual walking speed

What is your usual speed?

Variable # 27

Sas Name: WALKSPD

Sas Label: Walking speed when walking for >10 min

Type: Categorical

Usage Notes: Sub-question of F34 V2 Q6 "How often walked outside" (skip pattern rule not applied).
Not collected on all versions of Form 34.

Categories: Physical Activity

Values

2	Casual strolling or walking
3	Average or normal
4	Fairly fast
5	Very fast
9	Don't know

F34 Strenuous exercise frequency

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.) For example aerobics, aerobic dancing, jogging, tennis, swim laps

Variable # 28

Sas Name: HRDEX

Sas Label: Times per week of very hard exercise

Type: Categorical

Usage Notes: Not collected on all versions of Form 34.

Categories: Physical Activity

Values

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week



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Population: CT participants

F34 Strenuous exercise duration

How long do you usually exercise like this at one time? STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.)
For example aerobics, aerobic dancing, jogging, tennis, swim laps

Variable # 29**Usage Notes:** Sub-question of F34 V2 Q7.1 "Strenuous exercise frequency".
Not collected on all versions of Form 34.**Sas Name:** HRDEXMIN**Categories:** Physical Activity**Sas Label:** Duration per time of very hard exercise**Type:** Categorical**Values**

1	Less than 20 minutes
2	20-39 minutes
3	40-59 minutes
4	1 hour or more

F34 Moderate exercise frequency

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular or folk dancing.

Variable # 30**Usage Notes:** Not collected on all versions of Form 34.**Sas Name:** MODEXMIN**Categories:** Physical Activity**Sas Label:** Times per week of moderate exercise**Type:** Categorical**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

F34 Moderate exercise duration

How long do you usually exercise like this at one time? MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular or folk dancing.

Variable # 31**Usage Notes:** Sub-question of F34 V2 Q7.3 "Moderate exercise frequency".
Not collected on all versions of Form 34.**Sas Name:** MODEXMIN**Categories:** Physical Activity**Sas Label:** Duration per time of moderate exercise**Type:** Categorical**Values**

1	Less than 20 minutes
2	20-39 minutes
3	40-59 minutes
4	1 hour or more

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F34 Mild exercise frequency

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 32**Usage Notes:** Not collected on all versions of Form 34.**Sas Name:** MLDEX**Categories:** Physical Activity**Sas Label:** Times per week of mild exercise**Type:** Categorical**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

F34 Mild exercise duration

How long do you usually exercise like this at one time? MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 33**Usage Notes:** Sub-question of F34 V2 Q7.5 "Mild exercise frequency".
Not collected on all versions of Form 34.**Sas Name:** MLDEXMIN**Categories:** Physical Activity**Sas Label:** Duration per time of mild exercise**Type:** Categorical**Values**

1	Less than 20 minutes
2	20-39 minutes
3	40-59 minutes
4	1 hour or more

F34 Strenuous exercise at 18

For each of the ages below, did you usually do strenuous or very hard exercises at least 3 times a week? This would include exercise that was long enough to work up a sweat and make your heart beat fast.(Be sure to mark "No" if you did not do very hard exercises at the ages listed below.) 18 years old

Variable # 34**Usage Notes:** none**Sas Name:** HRDEX18**Categories:** Physical Activity**Sas Label:** Very hard exercise 3 times/wk at age 18**Type:** Categorical**Values**

0	No
1	Yes



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F34 Strenuous exercise at 35

For each of the ages below, did you usually do strenuous or very hard exercises at least 3 times a week? This would include exercise that was long enough to work up a sweat and make your heart beat fast.(Be sure to mark "No" if you did not do very hard exercises at the ages listed below.) 35 years old

Variable # 35

Sas Name: HRDEX35

Sas Label: Very hard exercise 3 times/wk at age 35

Type: Categorical

Usage Notes: none

Categories: Physical Activity

Values	
0	No
1	Yes

F34 Strenuous exercise at 50

For each of the ages below, did you usually do strenuous or very hard exercises at least 3 times a week? This would include exercise that was long enough to work up a sweat and make your heart beat fast.(Be sure to mark "No" if you did not do very hard exercises at the ages listed below.) 50 years old

Variable # 36

Sas Name: HRDEX50

Sas Label: Very hard exercise 3 times/wk at age 50

Type: Categorical

Usage Notes: none

Categories: Physical Activity

Values	
0	No
1	Yes

Recreational phys activity per week

Computed from Form 34, questions 6, 7.1, 7.3, and 7.5. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 37

Sas Name: TEPIWK

Sas Label: Recreational phys activity per week

Type: Continuous

Usage Notes: none

Categories: Computed Variables
Physical Activity

Recr. phys activity per week >= 20 Min

Computed from Form 34, questions 6, 6.1, 7.1, 7.2, 7.3, 7.4, 7.5 and 7.6. Episodes per week of recreational physical activity of >=20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

Variable # 38

Sas Name: LEPITOT

Sas Label: Recr. phys activity per week >= 20 Min

Type: Continuous

Usage Notes: none

Categories: Computed Variables
Physical Activity



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Minutes of recr. phys activity per week

Computed from Form 34, questions 6, 6.1, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable #	43	Usage Notes:	none
Sas Name:	TMINWK	Categories:	Computed Variables Physical Activity
Sas Label:	Minutes of recr. phys activity per week		
Type:	Continuous		

Minutes of mod-stren activity per week

Computed from Form 34, questions 6, 6.2, 7.1, and 7.3. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable #	44	Usage Notes:	none
Sas Name:	MSMINWK	Categories:	Computed Variables Physical Activity
Sas Label:	Minutes of mod-stren activity per week		
Type:	Continuous		

Minutes of stren. phys activity per week

Computed from Form 34, questions 7.1 and 7.2. Minutes per week of strenuous recreational physical activity.

Variable #	45	Usage Notes:	none
Sas Name:	SMINWK	Categories:	Computed Variables Physical Activity
Sas Label:	Minutes of stren. phys activity per week		
Type:	Continuous		

Total MET-hours per week

Computed from Form 34, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total MET-hours per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity in kcal/week/kg).

Variable #	46	Usage Notes:	none
Sas Name:	TEXPWK	Categories:	Computed Variables Physical Activity
Sas Label:	Total MET-hours per week		
Type:	Continuous		

MET-hours per week from walking

Computed from Form 34, questions 6, 6.1, and 6.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET-hours per week).

Variable #	47	Usage Notes:	none
Sas Name:	WALKEXP	Categories:	Computed Variables Physical Activity
Sas Label:	MET-hours per week from walking		
Type:	Continuous		



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Smoking status

Computed from Form 34, questions 1, 1.2, and 1.5. Combines questions into a three category smoking status variable (never/past/current).

Variable # 48

Sas Name: SMOKING

Sas Label: Smoking status

Type: Categorical

Usage Notes: none

Categories: Computed Variables
Lifestyle: Smoking

Values	
0	Never Smoked
1	Past Smoker
2	Current Smoker

Energy expenditure from hard exercise

Computed from Form 34, questions 7.1 and 7.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in MET-hours per week.

Variable # 49

Sas Name: HARDEXP

Sas Label: Energy expenditure from hard exercise

Type: Continuous

Usage Notes: none

Categories: Computed Variables
Physical Activity

Energy expenditure from mod. exercise

Computed from Form 34, questions 7.3 and 7.4. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in MET-hours per week.

Variable # 50

Sas Name: MODEXP

Sas Label: Energy expend from moderate exercise

Type: Continuous

Usage Notes: none

Categories: Computed Variables
Physical Activity

Energy expenditure from mild exercise

Computed from Form 34, questions 7.5 and 7.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in MET-hours per week.

Variable # 51

Sas Name: MILDEXP

Sas Label: Energy expenditure from mild exercise

Type: Continuous

Usage Notes: none

Categories: Computed Variables
Physical Activity

Energy expend from avg walking

Computed from Form 34, questions 6, 6.1 and 6.2. Energy expenditure from average walking (2-3 mph) in MET-hours per week. If question 6.2 (speed of walking) was marked as "don't know" or was missing, the speed was assumed to be 2-3 mph.

Variable # 52

Sas Name: AVWKEXP

Sas Label: Energy expend from avg walking

Type: Continuous

Usage Notes: none

Categories: Computed Variables
Physical Activity



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Energy expend from walking fairly fast

Computed from Form 34, questions 6, 6.1 and 6.2. Energy expenditure form walking fairly fast (3-4 mph) in MET-hours per week.

Variable # 53	Usage Notes: none
Sas Name: FFWKEXP	
Sas Label: Energy expend fr walking fairly fast	Categories: Computed Variables Physical Activity
Type: Continuous	

Energy expend from walking very fast

Computed from Form 34, questions 6, 6.1, and 6.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

Variable # 54	Usage Notes: none
Sas Name: VFWKEXP	
Sas Label: Energy expend fr walking very fast	Categories: Computed Variables Physical Activity
Type: Continuous	

Alcohol servings per week

Computed from Form 34, questions 3 and 3.1; Form 42, questions 7 and 7.1-7.5; Form 60 (FFQ), wine, beer and liquor servings. Number of servings per week of beer, wine and/or liquor based on a medium serving size which is 12oz of beer, 6oz of wine and 1½ oz of liquor. If all three variables are missing, set to missing.

Variable # 55	Usage Notes: none
Sas Name: ALCSWK	
Sas Label: Alcohol servings per week	Categories: Computed Variables Diet: Alcohol Lifestyle: Alcohol
Type: Continuous	

Alcohol intake

Computed from Form 34, questions 3 and 3.1; Form 42, questions 7 and 7.1-7.5; Form 60 (FFQ), wine, beer and liquor servings. Categorization of alcohol intake combining questions on past and current use and number of current servings per week from the FFQ.

Variable # 56	Usage Notes: none
Sas Name: ALCOHOL	
Sas Label: Alcohol intake	Categories: Computed Variables Diet: Alcohol Lifestyle: Alcohol
Type: Categorical	

Values	
1	Non drinker
2	Past drinker
3	<1 drink per month
4	<1 drink per week
5	1 to <7 drinks per week
6	7+ drinks per week